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RESERVE

UNITED STATES DEPARTMENT OF AGRICULTURE
Bureau of Home Economics
Washington, D. C.



SUGGESTED PROGRAM ON NUTRITION
for
The Department of the American Home
of the
General Federation of Women's Clubs.

The aims of the nutrition program of the General Federation of Women's Clubs should be (1) to give the women a clearer appreciation of the relation of food to health, (2) to emphasize the responsibility of the homemaker for the provision of well-balanced meals, and (3) to help supply the women of the club and the community with the essential information to forward the nutrition program.

The following methods for furthering these are suggested: (1) general talks on nutrition subjects, (2) provision of a club reference library on nutrition, (3) formation of study groups among the club members who are wanting information along certain lines, (4) development of community instructional agencies, and (5) featuring the nutritional aspects of any of the special national demonstrations and developing a continuing educational program in connection with it whenever possible.

GENERAL TALKS

The Undernourished Person Carries a Handicap Through Life. --

Improperly selected food does not necessarily evidence itself in illness but may serve only to lower the efficiency of the individual or to bring about generally lowered vitality which makes the person more susceptible to infection of different kinds. In certain ways this undernourished condition is more dangerous than specific diseases directly traceable to poor nutrition. It is important for the homemaker to recognize these signs of malnutrition and do all in her power to prevent them from appearing in the members of the family group. It is especially important to recognize signs of undernourishment in children.

Signs of Good Nutrition

Straight sturdy legs
Straight back
Flat shoulder blades
Full rounded chest
Strong white teeth
Firm rosy flesh
Bright sparkling eyes
Body erect, strong, and
well developed

Signs of Poor Nutrition

Bow legs, knock knees
Stooped back, winged shoulder blades
Flat narrow chest
Decayed uneven teeth
Pale flabby flesh
Dull dark-circled eyes
Body stooped, skinny, and under-developed
Nervous, irritable, listless, and
easily tired
Finicky about food

If possible plan to have a demonstration given by a physician, pointing out the above signs of good and poor nutrition, using living subjects or pictures.

Feeding our families for efficiency. -- The necessary food must be supplied if the family is to be maintained in health, develop normally, and live efficiently. This is an important responsibility of the housewife. The day's meals should contain food from each of these groups:

(1) Fruits and Vegetables

These supply minerals, vitamins, and roughage necessary for normal growth and health.

(2) Meat, poultry, eggs, and fish

These supply efficient protein for building body tissues, and to some extent mineral matter and vitamins.

(3) Milk and dairy products

These supply minerals and vitamins, as well as efficient protein.

(4) Bread, breakfast foods, and other cereals

These supply energy, and some protein in an economical form. Use some whole grain products, which supply also minerals and vitamins.

(5) Fats and sweets

These supply energy. Use enough to make the meals appetizing.

Menus for the day should be suggested and discussed from the point of view of the above classification. It would be interesting for the various members to classify their food expenditures on the basis of the above distribution. Information on suggested divisions will be found in the bulletin "For the Women Who Buys," prepared by Mrs. Edith McClure Patterson, Chairman on Home Budgets of the Department of the American Home.

REFERENCE MATERIAL ON NUTRITION

In order to supply the information on nutrition which the women may wish, it is suggested that the club buy the most necessary books, collect bulletins (most of which will be available free), and file magazine material which fits in with any

of the subjects being studied. This should be filed in an orderly way in the club room, if there is one, in the nearest public library on a shelf provided for this purpose and accessible to the club women and the community women in general, or in the community center. In order to help in this a suggested bibliography is appended, and we are sending to the state chairmen a copy of our Selected List of Government Publications on Foods and Nutrition. A limited number of the bulletins listed are still available for free distribution, or they may be purchased from the Superintendent of Documents, Government Printing Office, Washington, D. C., at the prices indicated.

Write to your state university, your state extension leader, and the state supervisor of home economics for any bulletins they may have on nutrition.

STUDY GROUPS

Since individual members and groups of members may have special problems it is recommended that they form themselves into study groups for the intensive study of such problems. The following topics are suggestive of the type which might be of interest:

- (1) Planning three meals a day so as to adapt the family meal to the needs of the different members of the family group
- (2) Infant feeding
- (3) Feeding young children
- (4) Adapting the family meals to the needs of the different members of the family group
- (5) Psychology of child feeding

USE OF PUBLIC AGENCIES

Investigate the agencies in your state and community which have contributions to make to a sound program in nutrition. Find out what information or material they can furnish and under what conditions other services can be rendered. Is work in nutrition being presented as a part of the regular public school home economics work, and are classes being offered for adult women in this subject? Special contacts should be made with the state home demonstration agent, and the county agent if there is one, the home economics teacher, the state supervisor of home economics, the Red Cross workers, the State Board of Health workers, the Sheppard-Towner workers under the Maternity Act, the county health workers, and the State Tuberculosis Association. Most of these have some material which will be useful to you, and in many cases through one of these agencies arrangements can be made for some form of demonstration or instructional work. If these agencies are available and are not functioning in your community, then it is the business of the club to find out why not.

COOPERATION WITH SPECIAL NATIONAL DEMONSTRATIONS

It should be the business of the home economics chairman to see that the nutritional aspects of any special national demonstration shall be featured and

carried through in an educational way. The following are suggested, with a brief statement of the special lines of work to be featured in each case:

Child Health Week. -- Help in the inauguration of special clinics and demonstrations for the week, laying particular stress on the nutritional side. When possible have these continued at stated intervals throughout the year.

Home Garden Week: -- See that as a part of this program the vegetable garden is featured and that information is collected as to the planning of this so as to furnish the family with satisfactory vegetables throughout the year. Contests might well be arranged to determine the home garden which makes the largest contribution to family living.

Better Homes Week. -- See that the kitchens in these homes are planned efficiently, and that as a part of the demonstration some attention is paid to the planning of menus suitable for the family for which this home is planned.

REFERENCES ON NUTRITION

Rose, Mary Swartz

Feeding the family. Revised edition, Macmillan, 1924.

McCollum, E. V., and Simmonds, Nina.

The American home diet. Frederick C. Mathews Co., 1920.

Mendel, L. B.

Nutrition, the chemistry of life. Yale University Press, 1923.

Sherman, Henry C.

Chemistry of food and nutrition. Macmillan, 1918.

Good proportions in the diet. C. L. Hunt. 1923. 24 p. illus. (U. S. Dept. Agr., Farmers' Bul. 1313.) 5 cents.

Principles of food selection from the standpoint of adequacy, wholesomeness, attractiveness, and cost, for the "average" family consisting of father, mother, and three children. Reproductions of the food selection and meal planning charts illustrate the text.

How to select foods. I. What the body needs. C. L. Hunt and H. W. Atwater. Revised, 1921. 15 p. illus. (U. S. Dept. Agr., Farmers' Bul. 808, Revised, 1921.) 5 cents.

How to select foods. II. Cereal foods. C. L. Hunt and H. W. Atwater, 1917. 23 p. illus. (U. S. Dept. Agr., Farmers' Bul. 817.) 5 cents.

How to select foods. III. Foods rich in protein. C. L. Hunt and H. W. Atwater, 1917. 19 p. illus. (U. S. Dept. Agr., Farmers' Bul. 824.) 5 cents.

Breast feeding. 1921. 13 p. (U. S. Dept. Labor, Children's Bur., Care of Children Ser. 5; also numbered Bur. Pub. 83.) 5 cents.

Maternal nursing as a problem of economic, educational, and medical importance.

Infant care. Revised, 1922. 118 p. illus. (U. S. Dept. Labor, Children's Bur., Care of Children Ser. 2; also numbered Bur. Pub. 8, Revised, 1922.) 10 cents.

Directions for feeding infants from birth to two years of age prepared in consultation with leading pediatricists.

Milk, the indispensable food for children. D. R. Mendenhall. 1918. 32 p. (U. S. Dept. Labor, Children's Bur., Care of Children Ser. 4; also numbered Bur. Pub. 35.) 5 cents.

Discussion of value of various kinds of milk as food for children.

Child care. Part 1. The preschool age. Mrs. M. West. 1918. 88 p. illus. (U. S. Dept. Labor, Children's Bur., Bur. Pub. 30.) 10 cents.

The section on food, covering about 20 pages, is taken chiefly from the bulletins of the U. S. Department of Agriculture but includes some additional general suggestions on the feeding of children of this age.

Diet for the school child. 1919. 14 p. illus. (U. S. Dept. Int., Bur. Educ., Health Educ. 2.) 5 cents.

Discussion of the foods a child should have, with practical suggestions for preparing and serving them.

Food for young children. C. L. Hunt. Revised, 1920. 26 p. illus. (U. S. Dept. Agr., Farmers' Bul. 717, Revised, 1920.) 5 cents.

The foods needed by children between 3 and 10 years of age discussed in a brief, popular way, bills of fare suitable for children, and a few recipes.

School lunches. C. L. Hunt. Revised, 1922. 25 p. illus. (U. S. Dept. Agr., Farmers' Bul. 712, Revised, 1922.) 5 cents.

The noon meal for school children discussed from the standpoint of supplying the proper kind and amount of food and of preparing and serving it. A few recipes included.

Nutrition in childhood. T. Clark. 1922. 10 p. (U. S. Treas. Dept., Public Health Repts., Reprint 654.) 5 cents. (Also in U. S. Treas. Dept., Public Health Repts., vol. 36, no. 17, p. 923-930.)

Symptoms of malnutrition discussed briefly and suggestions given for children's diet.

Nutrition work for preschool children. A. K. Hanna. 1924. 25 p. (U. S. Dept. Labor, Children's Bur. Pub. 138.) 5 cents.

"Report based on a field study of the method of conducting nutrition work for preschool children in 9 urban and 3 rural communities in which some definite organized work in this field has been done."

What is malnutrition? L. Roberts. 1919. 20 p. (U. S. Dept. Labor, Children's Bur., Bur. Pub. 59.) 5 cents.

Discussion of the signs and symptoms of malnutrition, causes, effects, and treatment.

Weight and height as an index of nutrition. T. Clark, E. Sydenstricker, and S. D. Collins. 1923. 23 p. illus. (U. S. Treas. Dept., Public Health Serv., Public Health Repts., Reprint 809.) 5 cents. (Also in U. S. Treas. Dept., Public Health Repts., vol. 38, no. 2, p. 39-58.)

Report of measurements of nearly ten thousand children.

